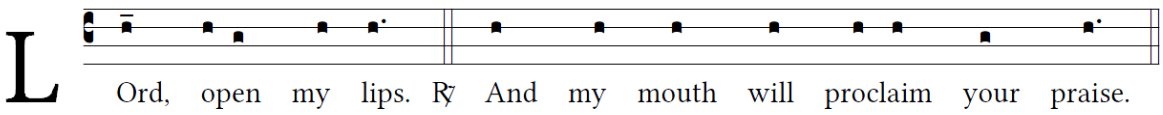
— Lauds —

Morning Prayer
(Ordinary Form)

Stand

At the words "*Lord, open my lips,*" make the Sign of the Cross on your lips.

— Opening Prayer —

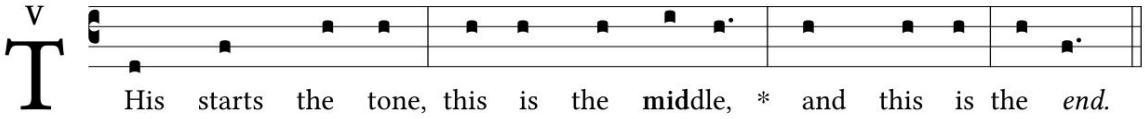


These words begin the first Hour recited in the day.

— Invitatory Psalm —

On the right is the *mode* of the psalm: the pattern each verse of the psalms will take.

Mode



There are eight modes used in the Church. Modes are scales the Western Church borrowed from the East and often produce different musical "moods". The one shown here is Mode V, or the Lydian Mode.

Psalm 95

Encourage each other daily while it is still today (Hebrews 3:13)

When the *full choir* chants, all stand. The "East choir" is the one closest to the window. When the East choir stands to chant, the West choir sits. When the West choir stands to chant, the East choir sits.

The **antiphon** is chanted like the words in the example given for the mode, but there is no part that corresponds to the word "***mid**dle******"

The **psalms** are chanted exactly like the example for the mode given above. The bold syllable indicates where the pitch of the note changes. It corresponds to "***mid**dle******". The italicized syllable corresponds to "*end.*"

Cantor: *Antiphon (see proper for the day)*

East Choir: Come, let us sing to the Lord and shout with joy to the Rock who **saves** us. * Let us approach him with praise and thanksgiving and sing joyful songs to the *Lord.*
Antiphon

West Choir: The Lord is God, the mighty God, the great king over all the gods. He holds in his hands the depths of the earth and the highest mountains **as** well. * He made the sea; it belongs to him, the dry land, too, for it was formed by his *hands.*
Antiphon

East Choir: Come then, let us bow down and worship, bending the knee before the Lord our **ma**ker. * For he is our God and we are his people, the flock he she*pherds.*
Antiphon

West Choir: Today, listen to the voice of the Lord: Do not grow stubborn, as your fathers did in the wilderness, when at Meriba and Massah they challenged me and pro**voked** me, * Although they had seen all of my *works.*
Antiphon

East Choir: Forty years I endured that generation. I said, "They are a people whose hearts go astray and they do not know my ways." So I swore in my **an**ger, * "They shall not enter into my *rest.*"

At the words "*Glory be to the Father and to the Son and to the Holy Spirit,*" at any place in the Divine Office, all stand and make a profound bow. At the words "*as it was...*", all remain standing.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit. * As
(profound bow) it was in the beginning is now,
and ever shall be world without end. A*men.*

Full Choir: *Antiphon*

Notes in Gregorian notation are called *neumes* (Gr. *pneuma*, spirit, breath). They are basically the same as modern notes. Here are a few notable neumes apart from the most common one, the *punctum*:

podatus
This means you should first chant the bottom note, then the top note.

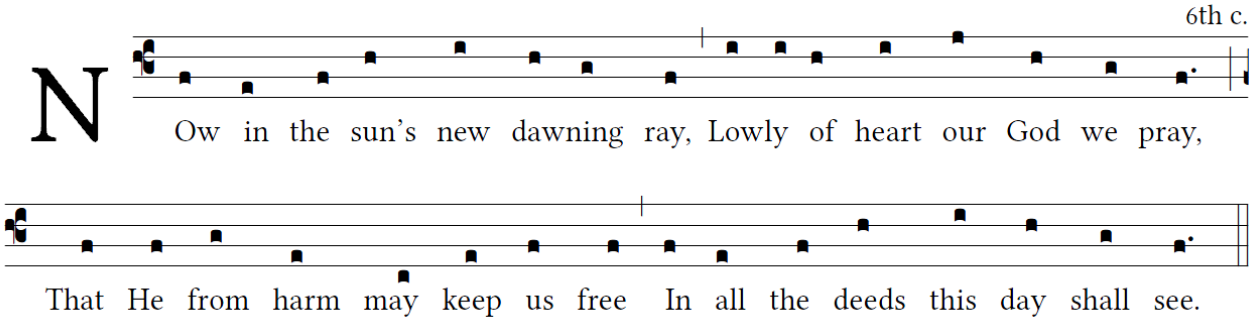
mora
This means you should chant this note twice as long.

The Invitatory Psalm is almost always Psalm 95, and is sung at the beginning of the first Hour recited in the day.

— Hymn —

Jam Lucis Orto Sídere

6th c.



May fear of Him our tongues restrain, Lest strife unguarded speech should stain:
His fav'ring care our guardian be, Lest our eyes feed on vanity.

May ev'ry heart be pure from sin, And folly find no place therein:
Scant need of food, excess denied, Wear down in us the body's pride

That when the light of day is gone, And night in course shall follow on,
We, free from cares the world affords, May chant the praises of our Lord's.

At this doxology, all make a profound bow.

All laud to God the Father be, All praise, Eternal Son, to Thee;
All glory, as is ever meet, To God the Holy Paraclete.

Amen.

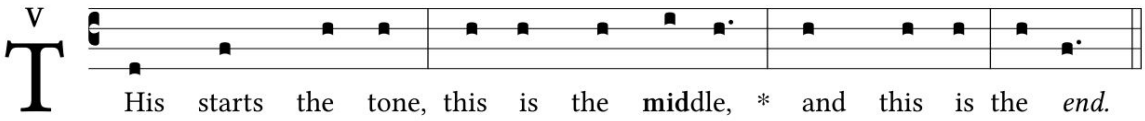
Jam Lucis Orto Sídere (Lat. lit. "now the daylight rising, shimmers") is a sixth century hymn that was prayed on Sundays during a morning Hour called "*Prime*" ("First hour"). *Prime* started the work day and was between Lauds and Terce (Mid-Morning Prayer).

— Psalmody —

see proper for the day

The psalm, canticle, and second psalm are all found in the proper for the day, and are chanted the same way as the Invitatory Psalm. So, when the full choir chants, all stand. When the East choir stands to chant, the West choir sits. When the West choir stands to chant, the East choir sits. When the "*Glory be*" is said, all stand and make a profound bow, and remain standing at the words "*as it was...*"

Mode



First Psalm
Canticle
Second Psalm

Antiphons change according to the day because they point to a meaning of the psalm that can be understood in the context of the liturgical season or feast day.

Psalms at Lauds rotate every four weeks, but their antiphons often change depending on the liturgical season. On very special feasts, even the psalms may change.

Sit for the reading and responsory, which are found in the propers for the day. Observe sacred silence for a moment of recollection after the reading.

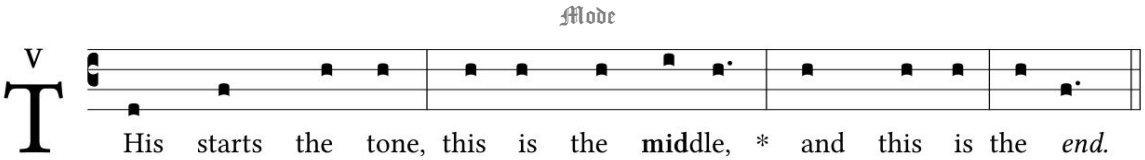
— Reading —

see proper for the day

— Responsory —

see proper for the day

— Benedictus —



Stand for the *Benedictus*. At the beginning of this Gospel passage, bless yourself with the Sign of the Cross. The antiphon is found in the propers for the day. We chant the *Benedictus* using the same mode as the psalms.

Cantor: *Antiphon (see proper for the day)*

East Choir: Blessed be the Lord, the God of Is**ra**el, * he has come to his people and set them *free.*

West Choir: He has raised up for us a mighty **sav**ior,* born of the house of his servant Da*vid.*

East Choir: Through his holy prophets he promised of old, that he would save us from our e**ne**mies, * from the hands of all who hate *us.*

West Choir: He promised to show mercy to our **fa**thers * and to remember his holy cove*nant.*

East Choir: This was the oath he swore to our father Ab**ra**ham: * To set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our *life.*

West Choir: You, my child, shall be called the prophet of the **Most** High; * for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their *sins.*

East Choir: In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow **of** death, * and to guide our feet into the way of *peace.*

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world without end. A*men.*

Full Choir: *Antiphon*

The *Benedictus* is one of three Gospel canticles used in the Divine Office, first sung by St. Zechariah when St. John the Baptist was born. The others are the *Magnificat*, (sung by the Blessed Virgin Mary and used at Vespers) and the *Nunc Dimittis* (sung by St. Simeon and used at Compline).

Stand

— Intercessions —

see proper for the day

— Lord's Prayer —

Lector: Let us pray. At the Savior's command and formed by divine teaching, we dare to say:

Full Choir: Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

— Prayer —

Lector: *see proper for the day*
Full Choir: *Amen.*

— Blessing —

This blessing is used unless there is a deacon or priest. In that case, this is said: "The Lord be with you" ("And also with you"), "May almighty God bless you, the Father, and the Son, and the Holy Spirit" ("Amen.")

At these words, bless yourself with the Sign of the Cross.

Lector: May + the Lord bless us, protect us from all evil, and bring us to everlasting life.

Full Choir: Amen.